



Labor of love



Staff Sgt. Dave Gaffney and Lennie Williams from the Randolph Fitness Center plant flowers Tuesday outside Hangar 70 as part of "I Love Randolph Week." The 9th annual observance is a five-day clean-up and beautification program sponsored by the 12th Civil Engineer Division. (Photo by Jennifer Valentin)

LRS reorganizes, becomes division

By Bob Hieronymus
Wingspread staff writer

The 12th Logistics Readiness Squadron becomes the 12th Mission Support Group Logistics Readiness Division Monday.

The name change is the result of the unit's conversion to a civilian work force.

"One organization. One team. Striving for perfection."

"That's the motto of the 12th Logistics Readiness

Squadron," said departing squadron commander Maj. David Haase, "and it will continue to be the watchword after its conversion from a squadron to a division on Monday. The transition to the new organization will be a seamless one to our customers."

When all the personnel transfers are complete this summer, there will be only seven military people in the 200-person logistics readiness division, which will continue as an element of the 12th Mission Support Group. The conversion is part of the Air Force-wide move to civilianize those

portions of the mission that can function without full time military personnel.

Heading the new division as director will be Bill Wiley, who has over 40 years of experience in the logistics area. He is a retired Air Force military logistician who has also worked 21 years in civil service jobs. He comes to this position from the San Antonio Joint Personal Property Shipping Office, where he was the deputy director.

See **LRS** on page 3

12th FLYING TRAINING WING TRAINING TIMELINE									
As of Monday			Navigator, EWO training				Wing Flying Hour Program		
Pilot Instructor Training							Aircraft	Required	Flown Annual
Squadron	Senior Class	Overall	562nd FTS	563rd FTS					
99th FTS	3.0	2.4	Air Force 221	Undergraduate 30			T-1A	6692.6	6802.7 12,184
558th FTS	4.8	2.0	Navy 56	International 0			T-6A	9577.6	9792.9 17,290
559th FTS	-2.0	-1.2	International 0	EWC Course 14			T-37B	5016.9	5178.2 8,444
560th FTS	0.1	1.6	NIFT 25	Fundamentals 0			T-38C	5281.0	5269.5 10,204
							T-43	2368.8	2362.6 4,293
<small>Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.</small>			<small>Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.</small>				<small>The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.</small>		

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 111 Team
Randolph members are
deployed in support of
military operations
around the globe

“**PROTECT
YOUR
WINGMAN**”

DUI...
It's a crime
not a mistake

Team Randolph's
last DUI was
February 13, 2005

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency
contact numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

PME offers tools, ensures opportunities

By Chief Master Sgt. Jeffrey Sergeant
12th Flying Training Wing
command chief master sergeant

There are many examples of Air Force guidance regarding the importance of professional military education in enlisted careers. One aspect of the Air Force core values, Excellence in all we do, involves expectations for achieving personal excellence. In the pursuit of personal excellence, Airmen are required to seek out and complete PME. The Enlisted Force Structure also instructs NCOs to secure PME for themselves and promote PME for others. These official endorsements, though, aren't sufficient to impress upon everyone the value of PME. At this base, for example, one out of every three master sergeants has not completed the Senior Noncommissioned Officer Academy correspondence course.

On rare occasions, a Senior NCOs inability to complete this course is understandable. In the vast majority of cases, though, these decisions are based on a misunderstanding of personal and professional responsibilities.

The most common explanations from

"The primary purpose is not to complete a checklist item for promotion. It is to ensure Airmen have the best leaders possible."

Senior NCOs who haven't fulfilled this requirement are either pending retirement or no expectation of promotion. These excuses demonstrate a fundamental lack of knowledge concerning the purpose of PME. The primary purpose is not to complete a checklist item for promotion. It is to ensure Airmen have the best leaders possible.

NCOs who don't take advantage of available PME fail to realize their impact, as role models, on those they lead. A master sergeant who doesn't complete this required course has, by example, stated that PME is not a priority. This is the wrong message to provide those who look to supervisors for guidance.

Several years ago, I spoke to an Airman who didn't plan to re-enlist. When I asked why, she said her

decision was based on concern about her eroding benefits. When this Airman first enlisted, she was promised 40 percent retirement pay after serving 20 years. By the time we talked, she had an option to receive either 50 percent retirement pay or 40 percent with a lump-sum payment of \$30,000 a few years prior to retirement. Either way, the benefit was better.

There were other improvements in areas such as dormitory standards and tuition assistance. In this Airman's mind, though, her benefits were eroding – an opinion she formed while observing her supervisors. When they were complaining, she was listening. They were leading and she was following.

Today's Air Force faces significant challenges as it transforms into a more efficient force. During our transformation, some enlisted roles will be refined. Other roles will remain unchanged. NCOs are still expected to ensure those junior in rank are provided every opportunity for success. PME offers tools that improve our ability to ensure these opportunities. It is incumbent upon us, as enlisted leaders, to acquire these tools. Those we lead deserve nothing less.

No 'I' in a winning team -- really?

By Col. Kristan Wolf
36th Medical Group commander

ANDERSEN AIR FORCE BASE, Guam (AFPN) – My favorite movies are "The Mighty Ducks," "The Rookie" and "Remember the Titans" because they epitomize how teams are built and what teamwork can accomplish. Teams are much stronger than individuals themselves. There is no "I" in team.

A speech by an author of "Chicken Soup for the Heart" made me restructure my view on teams and teamwork. He proposed there was a difference in teams ... there were teams and winning teams. The example he gave was from the 1990s when the Dallas Cowboys ruled the NFL and the Tampa Bay Buccaneers were at the bottom of the heap. He visited the two teams at their home stadiums.

At Tampa Bay, he found a cluttered locker room with empty pizza boxes on the floor and dirty towels strewn all over the benches. When he asked one of the players what he did, the answer he received was, "Play football."

Next he visited the Dallas Cowboys. He saw an immaculate

locker room where the players picked up after themselves and took pride in their surroundings. This time, when he asked a player what he did, he was told, "Win Super Bowls!"

The author clarified the differences in teams. There are two "I"s in a winning team: independent growth and accountability and interdependent collaboration. After mulling over that concept for a few hours, it suddenly dawned on me, there was also a "G" in "winning teams:" goals.

The leaders of the Dallas Cowboys had set goals for the team and for personal performance. The Cowboys were acutely aware their job was to win Super Bowls, not just play football.

Once a goal has been identified, team members, with help from leaders, can define their role in achieving that goal.

Each of us is a member of multiple teams – family, work, base. As good team members, we should ask ourselves, "What are the team's goals? What do I need to know and do to help attain these goals?"

Leaders set the goals and vision, then it's our turn to make sure we've done our part in our independent improvement and accountability, along with our interdependent collaboration, so we remain a "Winning Team."

Congratulations Retirees

Today

Jolene Hughes
Air Force Security
Assistance Training Squadron

Sunday

Master Sgt. Jesus Cardenas
560th Flying Training Squadron

Thursday

Chief Master Sgt. Tony Taylor
Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Shop smart: Tips for avoiding auto fraud

By 1st Lt. Jennifer Powell
12th Flying Training Wing assistant staff judge advocate

April is Auto Fraud Prevention month, so be alert when purchasing a vehicle. It is important for people to know their choices, resources and rights. Here are five pointers that could save you thousands of dollars and a lot of headaches.

Philosophy
When buying a car, you temporarily employ a sales representative to assist you with the purchase. As the employer, you should expect and require knowledge, honesty, integrity and respect from your employee. As the customer, you are entitled to have time to review the contracts and seek advice from friends and advisors or have an attorney review the contract. After all, what businessperson would not seek counsel on important legal matters? Any dealership whose staff does not treat you with respect and does not show product knowledge, honesty and integrity should not be hired.

Know the car
Go to services on the Internet that provide vehicle pricing and get the fair market value for the vehicle you want. Visit at least three dealerships to talk about the deal and get the numbers, but do not sign anything. If dealership "A" offers the car for \$15,000 tell dealerships "B" and "C" and see if they can beat that price. If they can't, inquire if they can beat the

financing terms offered by dealership "A." Either way, you save money.

Down payment
Some dealerships indicate on the Buyer's Order or contract that you paid a down payment of \$500 or \$1,000 and they tell you it is just to get you approved for the loan or that it is a gift. Why would a dealership give you a down payment? Unless it is a rebate check you sign, the dealership probably did not give you anything. When the dealership lists money on the Buyer's Order, it is usually to show the lending institution you have equity in the vehicle making the loan appear less risky to the lender. The problem with the fictitious down payment is that it is fraud. You will pay sales tax on the amount, but it was never a part of the purchase. Oftentimes, the dealership adds the amount into the cost of the vehicle. Even worse, some dealerships demand the actual payment of the fictitious down payment after the sale.

Financing
Check your credit score before shopping for a loan. You do not want to be surprised or lied to by a dealership about your credit history. Also, check with your bank or credit union for a loan amount, rate and duration. You can use this information to bargain with the dealership.

Understand the dealership can profit on the credit they offer by increasing the rate of interest charged to you. The dealership's bank will offer credit at 1.9

percent and the dealership will increase that rate to 2.9 percent. The increase is allowed, but telling the consumer they got the best rate from the bank is fraudulent and dishonest. Ask the salesperson if his or her offer is the best rate you can get and get it in writing.

Finally, if the dealership says you are approved for financing, get it in writing. Some dealers tell you this only to later change the story and tell you the loan "fell through." The purpose of this statement is usually to negotiate a higher interest rate or different terms. This is called a "Yo-Yo Sale" because the dealership will make you come back again and again until they get what they want.

Trade in
If you are trading in a vehicle, under most Buyer's Orders, if you back out of the purchase, the dealership can keep your trade-in. Sometimes the dealership will sell your trade-in or say they sold it, and then inform you the financing agreed upon was not approved. This means you no longer have a car and if you want transportation you must buy one. Why would a dealership tell you that you are financed, sell or make you think they sold your trade-in, knowing the new purchase was not final? They know you want a car.

Remember these are only five general principles to keep in mind when shopping for a new car or negotiating on price. Knowledge is power – empower yourself.



Blistering Texas sun no laughing matter

It was your standard sunny West Texas day in Abilene, and like most people a young B-1B pilot was doing weekend yard work. Being the macho man that he was, he was mowing his yard without his shirt on. Although he stayed cool and was "cool,"

he did get a little red under the West Texas sun.

As he baked on, he developed blisters on his back. Later that night, he sought relief at the local emergency room, as nothing in his house was cooling down the burn. Because

of his failure to protect himself from the sun, he had a good week of "duties not including flying" as the sunburn blisters healed.

And as such, he now has the call sign of "Blister."

"Safety First" columns, provided by the 12th Flying Training Wing Safety Office, are actual accounts of incidents involving Randolph people. They are provided to encourage everyone in the Randolph community to develop and follow a safety-first mindset.

News

New division carries on readiness mission

LRS

Continued from Page 1

"Our customers won't see any difference in the services we provide," Mr. Wiley said. "One big difference for the division, though, will be the fact that our people will not be subject to deployment. This makes for a tremendous sense of

continuity in the unit, although we are still responsible for developing and implementing the readiness plans and training programs and equipping those who do deploy."

During the past year, the LRS managed deployment training that supported more than 2,600 Randolph Airmen and kept up with more than 19,000 supply items worth \$6.6 million. The unit also supports a fleet of 2,900 vehicles, with a value of approximately \$50 million and is responsible for the distribution of 30 million gallons of petroleum products a year on base. During the past year the squadron provided transportation to approximately 96,000 aircrews and 422,000 passengers, including 22,000 distinguished visitors.

In acknowledgement of the excellence of the squadron's efforts, the 12th LRS was awarded the 2004 National Defense Transportation Military Unit of the Year.

Major Haase noted another indication of the drive for personal excellence in the unit. Twenty-four of the squadron's people won awards above the unit level during the last six months. Five of these nomination packages are currently representing the Air Education and Training Command at the Air Force level.

"I'm looking forward to working with the people in the division," said Mr. Wiley. "They are professional people doing the jobs they know best, and it shows."



David Howard, 12th LRS Traffic Management Flight's Cargo Movement Element, prepares boxes for shipment.



Leo Lopez, 12th Logistics Readiness Squadron Traffic Management Flight, loads crates at the base warehouse.



Senior Airman Alexa Arredondo, 12th Logistics Readiness Squadron, updates the task tracking board in the deployment control center. (Photos by Steve White)

340th FTG change of command today

By Bob Hieronymus
Wingspread staff writer

Col. William Cahoon passes command of the 340th Flying Training Group to Col. Robert Williamson today at 10 a.m. at Hangar 4.

Colonel Cahoon is leaving Randolph for an assignment as the Reserve Advisor to the Air Combat Command director of plans at Langley AFB, Va.

Colonel Williamson comes to the position with a strong record of military flying and command experience.

The Bellflower, Calif., native was commissioned through Officer Training School in 1985 and immediately went on to undergraduate pilot training at Vance Air Force Base, Okla. He has more than 3,800 flight hours, including 145 hours combat time in support of Operation Southern Watch in southwest Asia. He has flown all models of the F-15, T-38 and the T-37.

The colonel has been a T-38 instructor pilot for more than eight years at Vance AFB, Okla., and Randolph. While at Randolph, he was assigned to the 560th Flying Training Squadron where, among other duties he served as the Air Education and Training Command subject matter



Col. Robert Williamson takes command of the 340th Flying Training Group today. (Courtesy photo)

expert for the development of the T-38C avionics upgrade program.

He commanded the 5th Flying Training Squadron at Vance AFB and has been the assistant director for operations and director for operations of the 340th FTG for almost two years.

The 340th FTG is an Air Force Reserve unit here, assigned to the 10th Air Force. It trains and provides experienced pilots to augment the instructor pilot force at all the AETC

flying training bases. The 340th FTG has more than 500 people assigned to its six squadrons, including 425 instructor pilots.

About 125 of these instructors are full-time Reservists, as is the colonel, but another 300 are continuing their Reserve duties while holding civilian jobs.

"This mix of full-time and part-time Reservists provides the Air Force with skilled people who are available to augment the active duty force in crisis situations as well as peacetime," Colonel Williamson said. "It also helps these Reservists stay in touch with the military world and continue their military careers."

The colonel said the average Reserve instructor pilot is a major with 15 years of total service time, 3,200 hours of flight time and more than 1,400 hours as an instructor.

"This represents an investment the Air Force has made and it pays off in terms of releasing active duty people for other assignments," he said.

"Command of the 340th FTG is an exciting opportunity for me," Colonel Williamson said. "The people of the group are always looking for new ways to bring to the AETC people who are prepared and ready to help provide quality training to another generation of aircrews."

Heads up

Air Education and Training Command directive requires personal protective gear for motorcycles, all-terrain vehicles

By Bob Hieronymus
Wingspread staff writer

Air Education and Training Command announced that the guidance released in February concerning wearing of personal protective equipment when using all terrain vehicles has been revised.

The new directive, announced April 7, requires all military personnel operating either motorcycles or all terrain vehicles at any time, both on and off a Department of Defense installation, are required to wear PPE. DoD civilian personnel in a duty status, on or off a DoD installation, are also required to wear PPE.

This directive brings all the correlating military instructions into agreement: DoD Instruction 6055.4, Air Force Instruction 91-207, and AETC Supplement 1 to AFI 91-207.

The required protective equipment is defined by these instructions to include the following items:

- Motorcycle operators and any passengers must wear protective helmets meeting Department of Transportation standards and must be properly worn and fastened.

Helmets may also meet other standards, such as those of the Snell Memorial Foundation.

- Operators and any passengers must wear impact resistant goggles or a full-face shield on their helmets.
- Brightly colored vest or jacket must be worn as an outer garment during the day and be reflective at night.
- Long sleeved shirts or jackets, full-fingered motorcycle gloves or mittens and long trousers are also required.
- Sturdy footwear is required. Leather boots or over-the ankle shoes are strongly encouraged.
- Off-road vehicle operators must wear the PPE described above. Operators of ATVs should also wear knee or shin guards, a chest protector and padded full-fingered off-road gloves.

Staff Sgt. David Roller, the base motorcycle training NCO, reminded ATV operators that passengers are not allowed on those vehicles at any time.

Motorcycle safety training is required for all active duty military members. Training is also required for civilians who use motorcycles as part of their job performance. All operators who use ATVs as part of their official duties, whether on or off base, are also required to have safety training.

Event recognizes support of military spouses

By Jennifer Valentin
Wingspread staff writer

To celebrate the military spouse's contributions to the Randolph mission, the family support center is hosting a Military Spouse Appreciation Recognition Event May 6 from noon to 1:30 p.m. in the family support center ballroom.

A light lunch and dessert will be served to spouses, and door prizes will be given away at the event.

"This is a great opportunity for the family support center to say thank you to our military spouses who support the military mission,"

"Military spouses make countless personal sacrifices to support the Armed Forces and we appreciate them for their unconditional dedication."

Chris Morrow
Family support center
community readiness consultant

said Chris Morrow, family support center community readiness consultant.

The event is free of charge but those interested in attending are asked to call 652-5321 by May 3 to sign up. Children are welcome to come to the event with their parents.

"Military spouses make countless personal sacrifices to support the Armed Forces and we appreciate them for their unconditional dedication," added Ms. Morrow.

In 1984, President Ronald Reagan declared the Friday before Mother's Day to be Military Spouse Appreciation Day. The day is part of National Military Appreciation Month, observed in May, which also observes Memorial Day, Victory Day and Armed Forces Week.

NEWS BRIEFS

Vehicle decals

The 12th Security Forces Squadron is expecting a shipment of 3,000 vehicle decals to arrive today. Decals will be sent by mail to people who previously registered for them when they were unavailable.

The base security forces will not enforce display of the year decal on vehicles and the Fort Sam Houston military police have been asked to do the same. Lackland AFB security forces will not enforce the year decal requirement for Randolph vehicles until May 3.

Basic estate planning

The base legal office hosts a lecture on Basic Estate Planning from noon to 1 p.m. today in the deliberation room of the Taj Mahal. Seating is limited. Bring your own lunch. This is the first in the 2005 Brown Bag Lunch series.

For more information call the legal office, 652-6781.

AFJROTC instructor opportunities

Air University officials announced there will be 199 new Air Force Junior Reserve Officer Training Course units organized over the next few years. This will provide opportunities for retired or soon-to-be retired Air Force officers and non-commissioned officers who want to become teachers.

Forty-eight new units will open in the fall of 2005. In Texas, the new unit will be located in Wharton.

People within six months of retiring or who retired within the last five years may be qualified for an AFJROTC instructor position.

To learn more about the program, call Jo Alice Talley at 866-235-7682, ext. 35275 or visit <http://www.afots.af.mil/AFJROTC>.

Randolph named Tree City, USA

The national Arbor Day Foundation named Randolph a Tree City, USA to honor its commitment to its community forest. This is the 12th year the base has received this national recognition. Randolph met the four standards to become a Tree City: tree board or department, tree care ordinance, comprehensive community forestry program and an Arbor Day observance.

Tax volunteers recognized

The 12th Flying Training Wing judge advocate office would like to thank its top tax preparers for the 2004 Tax Season.

Eighty members of the base community prepared taxes for 1,677 military and retiree families saving \$333,000 in paid preparer fees and recovering \$2.7 million in tax refunds. Free training by the IRS is offered each January.

Stray animal policy

The Schertz Animal Control officers pick up stray animals found on base. Base residents should contact the 12th Security Forces Squadron control center at 652-5700 to report stray animals.

To claim a stray animal, call the Schertz Animal Shelter at 658-6607. Fees to claim strays start at \$20, plus \$10 per day they are held.

For more information, call the base veterinarian clinic at 652-3190.

Voicemail access password changes

In accordance with the new revision of Air Force Instruction 33-111, the personal password to access a voicemail box must be a minimum of six digits.

Persons who have not changed their passwords to six digits by May 15 will be unable to access their personal voicemail box and will need to submit a Form 3215 requesting the box to be reset.

For more information, call 652-7444.

Ceremony goes as planned thanks to technology

By Marie Vanover

Air Education and Training Command
Public Affairs

When Master Sgt. Daniel Sherrard, the F/A-22 acquisition logistics manager for Air Education and Training Command, decided to retire, he could only think of one person to officiate the ceremony. Unfortunately, that person was half the world away.

Thanks to technology, 1st Lt. Paul Busuttil, an air battle manager with the Joint Surveillance Target Attack Radar System at Dobbins Air Reserve Base, Ga, officiated the ceremony April 8 via a video teleconference from his deployed location at Al Udiid Air Base, Qatar.

Sergeant Sherrard and Lieutenant Busuttil met in 1989 while both were stationed at Kadena Air Base, Japan, as sergeants. They became instant friends, sharing the same promotion dates for staff and technical sergeant. Since then, Lieutenant Busuttil earned his commission in the Air Force and Sergeant Sherrard was promoted to master sergeant.

Sergeant Sherrard always wanted

Lieutenant Busuttil to officiate at his retirement ceremony. That dream withered when Lieutenant Busuttil deployed. The lieutenant wouldn't be there to celebrate with his friend of more than 15 years.

That changed thanks to the AETC command presentations staff. With a lot of coordination, many phone calls, and a bit of rescheduling, they supported their first video teleconference retirement ceremony.

According to Staff Sgt. Rachel Hauser, assistant NCOIC of command presentations, when Sergeant Sherrard called her she thought it was a great idea and wanted to do whatever she could to make it happen.

"I talked to the other folks in the unit about all the requirements and with the technology we have today, we knew it could be done," Sergeant Hauser said. "We wanted to make sure it was done without a hitch. You only retire once from the Air Force and it's a once in a lifetime event so it should be done right."

Normal set-up time is between 5 to 10 minutes, but for this retirement, setup took more than 30 minutes. This gave the official party added time to rehearse.



Master Sgt. Daniel Sherrard and 1st Lt. Paul Busuttil stand at attention for the reading of the retirement order during Sergeant Sherrard's retirement ceremony April 8. The ceremony was the first retirement ceremony held via a video teleconference at the Air Education and Training Command's presentations office. (Photo by Rich McFadden)

As everyone gathered for the ceremony, Lieutenant Busuttil could be seen on the TV screen as Sergeant Sherrard walked in. Serving as the co-officiator, retired Lt. Col. Jeff Nelson presented the retirement certificate and letters of congratulations to Sergeant Sherrard.

As far as Sergeant Sherrard is

concerned, "it doesn't get any better than this."

"When I called the folks in presentations, I thought it was a long shot," Sergeant Sherrard said. "But, having Lieutenant Busuttil officiate from Qatar gave the ceremony special meaning. I couldn't be happier."

40 years of lasting memories

By Bob Hieronymus

Wingspread staff writer

Today marks the end of a 40-year career for Jolene Hughes, but it also marks the beginning of another career of exciting adventures for this energetic grandmother.

"Mine is a one of a kind job here at the Air Force Security Assistance Training Squadron," Ms. Hughes said, "and I love it."

There are thousands of foreign nationals receiving training every year in this country under AFSAT management. One part of their training, which is voluntary but encouraged, is the Department of Defense directed Informational Program which Ms. Hughes managed.

The goal of the program is to ensure international students return to their homelands with an understanding of American culture and national concepts of human rights and values. To meet this goal, students are introduced to 12 topic areas through events such as visits to the state capitol, the Lyndon B. Johnson Library, or the Institute of Texan Cultures. The program curriculum and lesson plans at each training location are submitted to Ms. Hughes for evaluation and approval.

Ms. Hughes grew up on a ranch near Panhandle,

Texas, and was active in all the high school sports and cheerleading. Her civil service career began in 1962 in a Field Training Squadron on Amarillo Air Force Base, which was close to her hometown. There she also met and married Don Hughes who was in the Air Force then.

The young family moved first to Wichita Falls where Jolene worked on Sheppard Air Force Base, and then to San Marcos and she got her first job at Randolph. She worked in the Air Force Personnel Center and later in the Air Training Command Public Affairs office. Following her husband through a succession of civilian job promotions, the family lived in several states, until he was tragically killed in an accident.

In 1982 she returned to the San Antonio area and to Randolph, again to the ATC Public Affairs office, until a promotion drew her to the AFSAT Squadron where she has been the last 20 years.

In leaving her job as a program analyst, Ms. Hughes said she has enjoyed every day of her work because she has been a part of helping people from other countries understand why Americans think and act the way they do.

"But now I plan to spend time with my three teen and soon-to-be-teen granddaughters showing them the same things I helped plan for the foreign students," she said. "One big advantage now will be



Jolene Hughes retires today after more than 40 years of Federal service.(Photo by Bob Hieronymus)

I won't have to keep on anyone else's time schedule. Then there's lots of yard work that's been deferred for a long time, dances to attend and next year I plan to make a motor home trip up the Al-Can Highway to Alaska with my sister.

Life is exciting," she said with a big smile.

Chu to speak at heritage month luncheon

By Jennifer Valentin
Wingspread staff writer

A visit from the Under Secretary of defense for Personnel and Readiness highlights the local observance of Asian-Pacific American Heritage Month in May.

Dr. David Chu is the guest speaker at the heritage month luncheon May 18 at 11 a.m. in the officers' club.

He is the Secretary's senior policy advisor on recruitment, career development, pay and benefits for 3.5 million military and civilians in the Department of Defense.

The lunch includes cultural displays and performances from the local and military communities representing Hawaii, Samoa, Japan, Philippines, Korea, Vietnam and Indian cultures.

Tickets are \$12 with menu choices of Teriyaki Chicken, grilled Mahi Mahi, and/or Vegetable Lo Mein. All entrees are served with rice, vegetables, spring rolls, macadamia nut cookies, and either hot or cold tea and water.

Seats are limited for the luncheon, so people are encouraged to get their tickets early.

"Liberty and Freedom for All," is the theme for this year's Asian-Pacific American Heritage Month celebration.

Among other events taking place, a lunch is scheduled for



Dr. David Chu

Tuesday at the dining facility from 10:30 a.m. to 1 p.m. People will be wearing clothes representing the various islands. There will also be an exhibit of Asian-Pacific items.

Cultural readings and crafts takes place May 11 at the main child development center, annex and youth center. Asian-Pacific Heritage Month committee members will visit the CDC buildings and read stories from Asian-Pacific American culture. They will also teach the children how to make leis. Polynesian lullabies will be played for the infants at the annex.

"Aloha Day" is scheduled for May 13 at the enlisted club featuring samples of different Asian-Pacific food items from 5-7 p.m. Asian-Pacific performances will also

take place on the patio of the club's pub at 6:30 p.m. The performance is outdoors, so people may want to bring a blanket or lawn chairs for seating.

"Asian-Pacific Americans come in many shades," said Lika Hatico, heritage month project officer. "We welcome all, no matter who you are, but for those islanders who are attending the events, we ask you to come in your cultural attire to celebrate your heritage. The committee members worked very hard this year to bring each of these events for education and entertainment purposes."

Asian-Pacific American Heritage Month Schedule of Events

- **Tuesday** ~ Lunch at the dining facility, 10:30 a.m. to 1 p.m.
- **May 11** ~ Cultural readings and crafts, main and annex child development centers and the youth center.
- **May 13** ~ "Aloha Day," samplings of different Asian Pacific food from 5-7 p.m. at the enlisted club.
- **May 18** ~ Luncheon at the officers' club, 11 a.m. to 1 p.m. Guest speaker: Dr. David Chu, Under Secretary of Defense for Personnel and Readiness

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Randolph takes part in Fiesta 2005



2nd Lts. Grant Hosmer and Zarine Malesra (foreground), Randolph Ambassadors, salute military officers during the Texas Cavaliers River Parade while passing by on the parade's military float. (Photo by Javier Garcia)

By 1st Lt. LaShonda Bush
12th Flying Training Wing
Public Affairs

Members of Randolph participated in many of the 2005 Fiesta activities that took place April 15-22 throughout San Antonio.

This year's celebration was dedicated to the members of the Armed Services and their families.

The Randolph Ambassadors represented the base and the Air Force in several parades, as well as a variety of other social events.

"San Antonio definitely displayed its true beauty, grace and culture these last 10 days with tremendous enthusiasm," said 2nd Lt. Zarine Malesra.

Both ambassadors said the city of San Antonio showed a tremendous amount of support and gratitude for the military.

"Everywhere we went it was obvious this community cares deeply for the sacrifices made by our military members and their families," said 2nd Lt. Grant Hosmer.

The Randolph High School band competed in the Battle of the Bands Competition. The 80-member group took top honors in its division.

"This year's competition posed a bigger challenge because the students had to prepare for the TAKS test the same week," said Richard Wilson, band director. "They really relied on their skills as musicians and were successful."

Contact lens wear discouraged on deployments

By Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs

SPANGDAHLEM AIR BASE, Germany (AFPN) – Blowing sand, smoke and fine dust particles are an eyeball's worst nightmare. Now imagine holding up your unit because you have "something in your eye."

This scenario is exactly what optometrists said they fear most when Airmen wear contact lenses instead of their glasses while working in a deployed environment.

People who require medical equipment, like corrective eyewear, must deploy with all required items in their possession, including two pairs of eyeglasses, if needed, and protective mask eyeglass inserts, according to U.S. Central Command guidance issued in January.

This guidance resulted from lessons learned from recent conflicts and joint missions, officials said.

"If the Army, Navy and Marines can't deploy with contact lenses and must wear their glasses, then the Air Force should follow suit when deploying," said Maj. Robert Kesead, 52nd Aerospace Medicine Squadron optometry flight commander. "As of right now, if Airmen want to wear their contacts while they're (deployed), they have to get pre-approval from their (deployed) commander."

Contact lenses are time consuming to take care of, and they have become an operational safety issue as well, officials said.

"It was discovered that 90 percent of ocular foreign bodies were preventable just by wearing glasses," said Capt. Jeff Autrey, 52nd AMDS optometry clinical services chief. "Many man hours were lost (because of) troops with nonbattle injuries (from) problems with contact lenses and having 'something in your eye.'"

People deploying must contend with field conditions that may not allow for proper contact lens

hygiene, and poor hygiene leads to an increase in eye abrasions, infections and ulcers, officials said.

"The 'unclean' environment and extended hours of continuous operations lead to people over-wearing the contacts," Captain Autrey said. "Continuous wearing of lenses without removal may cause inflammation, infection and permanent loss of vision."

Such side effects include sensitivity to light, tearing, burning and scratching. To reduce these symptoms, Airmen who normally wear contact lenses can wear their civilian or everyday prescription glasses while deployed, but must also have at least one pair of the brown plastic military-issued glasses.

"We make it mandatory for deploying Airmen to bring their military-issued glasses as well as their everyday glasses," the captain said. "If both pairs of glasses became nonoperational, the brown plastic glasses are the only glasses that can be repaired (while deployed)."

Walk this way

Powerwalking provides great workout with less injuries

By Jennifer Valentin
Wingspread staff writer

Whether it's before sunrise, during lunch, on a treadmill or around the track, health officials report powerwalking is a great way to burn calories and keep in shape.

Powerwalking is basically a faster walk while swinging the arms briskly, said Kimberly Houk, health and wellness center exercise physiologist. It is a good calorie-burning alternative for people who are not quite ready to try jogging or running.

"Powerwalking puts less impact on the joints than running does," said Ms. Houk. "If someone has injuries but still wants to exercise, walking is a great way to do so."

When powerwalking, it is best to go at a very brisk pace of at least four miles per hour. This gives the best workout results. However, if walking at that pace is too fast, it is recommended to start out slower and gradually get faster.

Ms. Houk recommends walking four or five days per week for 30-40 minutes. If just beginning an exercise routine, she recommends starting to walk three days per

Powerwalking tips

- Walk several days a week, varying the speed or do interval walking – walk to a certain landmark, such as a tree or light, as fast as you can, then decrease the speed to the next landmark, then repeat
- The faster you move your arms, the faster your feet will move to keep up with the pace of the arms
- Think "thumbs up, toes up" - this makes people more mindful of swinging their arms at their side and helps them use their entire foot to walk on
- Squeeze or flex muscles while walking, which forces blood into them, helping the heart rate to rise

week for 10 minutes, then gradually working up to 30-40 minutes.

"Gradually progressing in an exercise program and sticking with it is more important than having a perfect program the first week," said Ms. Houk.

Ms. Houk suggests walking outdoors as an alternative to walking indoors.

"Walking outdoors gives people

the opportunity to catch a breath of fresh air, and, if they have the proper walking shoes, they can walk on different terrain rather than on flat ground."

Using a treadmill is also an alternative, especially when the weather is bad.

Before powerwalking, Ms. Houk suggests walking at a slow pace for about five minutes to warm up the muscles and get the blood pumping. After powerwalking, she also recommends stretching, especially the thigh, calf and groin areas.

Another effective way to slightly increase the heart rate while powerwalking is to walk with light hand weights that weigh about 1-2 pounds. Ms. Houk doesn't recommend ankle weights, however, because they can strain the lower back.

"Powerwalking is good for all ages," said Ms. Houk. "It can be a good way to help younger children learn how exercise is an important part of life, and how it can become a family activity."

It's never too late to start a good exercise program, and powerwalking is a good way to get started, and continue on the road to good health, said Ms. Houk.



Faye Miles walks on a treadmill in the fitness center. Using a treadmill is an alternative when power walking, especially when the weather is bad. (Photo by Steve White)

Feature

Doing a double take

Navigator twins make impression on students

By Bob Hieronymus
Wingspread staff writer

Students arriving at the 562nd Flying Training Squadron for combat systems officer or Naval flight officer training aren't seeing double. There really are two instructors who look alike on the staff.

Lt. Colleen Kosloski and her twin sister Lt. Sandra Kosloski are experienced Navy navigators.

"They're excellent instructors, too," said Lt. Col. Brent Bigger, 562nd FTS deputy for operations. "Their professionalism and bright smiles are a real plus for everyone."

"We've heard just about every joke about twins doing things the same way," Colleen said, "but the truth is we've been together our whole lives except for our first assignments after graduating from navigator school here in 2000. We both drew assignments to a VP (patrol) squadron to fly the P-3 Orion, but Sandra went to Jacksonville, Fla., and I went to Brunswick, Maine."

"The twins are an asset to the squadron," said Commander Tim Duening, 562nd FTS commander.



Lieutenants Colleen and Sandra Kosloski, Navy navigators and instructors in the 562nd Flying Training Squadron, review lesson plans. (Photo by Steve White)

"I thought at first it was going to be difficult telling them apart but I don't get them confused too much anymore," he said.

After graduating from high school in their hometown of Swainton, N.J., the two sisters went to the Naval Academy, as did their older brother.

"The sea is part of our family heritage," Sandra said. "Our grandparents lived on a boat for a while. We were often with them on the boat when we were kids."

The twins even taught small boat sailing while they were Middies at Annapolis. Today they both claim sailing Sunfish class boats as the one hobby they like best but they wish there were more opportunities to sail in central Texas.

In the classroom, it's all business for these two instructors but both officers bring a laugh along with any words of correction in a way that their students learn quickly.

"But the real satisfaction comes when a student lights up and says 'Oh! Now that makes sense,'" said Colleen.

Along with their classroom duties, each of the lieutenants has the usual additional duties. Colleen is the assistant C Flight commander and Sandra is the B Flight advisor and squadron public affairs officer. They take particular pleasure in visiting with off-base groups to talk about military life. Their next scheduled off-base event is to speak at a career day at a local elementary school.

As to whether the twins will remain together after their Randolph tour, they say that's undecided.

"We work well together," Sandra said, "sort of like having built in family support, but we'll go where we're needed."

Spring brings “I Love Randolph” Week

Debra Jamrozy, skills craft center manager, waters newly planted flowers in front of the skills craft center building. (Photo by Jennifer Valentin)



*Annual event beautifies
“Showplace of the Air Force”*



Master Sgt. Paul Rancier, Wing Top 3 president, places decals on the storm drains around base. The decals warn people they cannot dump anything down the drains. (Photo by Jennifer Valentin)



Chief Master Sgt. Stephen Page, Air Force Personnel Center superintendent, power washes the sidewalk in front of the AFPC building. (Photo by Steve White)



Aurora Rubalcaba, equipment checkout, organizes tools available for rent. (Photo by Jennifer Valentin)